



Eggs, Spinach & Potatoes

1 serving
35 minutes

Ingredients

2 cups Mini Potatoes (halved)
1 tbsp Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
1 cup Baby Spinach
2 Egg

Nutrition

Amount per serving	
Calories	500
Fat	23g
Carbs	54g
Fiber	7g
Sugar	3g
Protein	20g
Cholesterol	372mg
Sodium	184mg
Vitamin A	3359IU
Vitamin C	68mg
Calcium	122mg
Iron	5mg
Vitamin D	82IU
Folate	150µg
Magnesium	105mg

Directions

- 1 Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
- 2 Place the potatoes on the prepared baking sheet. Coat with half of the oil and season with salt and pepper. Transfer to the oven and cook for 20 to 25 minutes, flipping halfway through, until cooked.
- 3 Just before the potatoes are done, heat the remaining oil in a non-stick pan over medium heat. Add the spinach and season with salt and pepper. Lightly sauté for one to two minutes or until just wilted.
- 4 Push the spinach to one side of the pan. Crack the eggs into the open side of the pan. Cook the eggs until the whites have set, and the yolks reach your desired doneness.
- 5 Divide the potatoes, spinach, and eggs between plates. Season with salt and pepper and enjoy!